

## Statement of Inherent Requirements

<b>Faculty</b>	Health
<b>Disciplines</b>	Sport and Exercise Science
<b>Course</b>	Master in Strength and Conditioning [HLM401] Graduate Certificate in Strength and Conditioning [HLC401]

### Ethical Behaviour

#### Inherent Requirement

- Behave ethically and professionally in academic and professional environments, complying with relevant standards and codes of ethics applicable to the profession.

#### Rationale

- Compliance with relevant professional standards and/or codes of conduct and commonly accepted standards of professional behaviour facilitates safe, competent interactions and relationships for students and the people they engage with in all contexts. This supports the physical, psychological, emotional and spiritual wellbeing of all.

Related Professional Requirements:

Exercise & Sports Science Australia's 'Code of Professional Conduct and Ethical Practice'.

#### Examples

- Apply ethical behaviour in the management of confidential and sensitive personal information.
- Reflect on ethical dilemmas and issues and take responsibility for ensuring awareness of ethical behaviour.
- Operate within own role and responsibilities in the community and clinical setting.

### Legal Compliance

#### Inherent Requirement

- Comply with Australian Law, professional regulations and/or scope of practice relevant to the profession.

#### Rationale

- Knowledge, understanding and compliance with Australian Law and professional regulations, facilitates effective, professional, responsible and accountable graduates and is necessary to work effectively and meet professional registration requirements.

Related Professional Requirements: Privacy Act 1988, Health Practitioner Regulation National Law (ACT)  
Exercise Sport Science Australia ESSA Professional Standards

#### Examples

- Comply with the requirements for student registration with Exercise Sport Science Australia and policies of clinical facilities (e.g. Work Health and Safety Act and uniform requirements).
- Obtain informed consent prior to assessment and intervention in the community and clinical setting.
- Prepare and provide documentation according to legal requirements and accepted procedures and standards.

## **Communication Skills**

### **1. Expressive Communication Skills**

#### **Inherent Requirement**

- Ability to communicate effectively, in English, to a standard that allows clear, scholarly, and professional-level messages and text with language use and style appropriate to the audience.

#### **Rationale**

- Communication skills are an essential requirement to develop and maintain trusting relationships, and to perform effectively in an academic and complex professional environment, as well as solve problems and communicate knowledge and understanding of relevant subject matter effectively.

#### **Examples**

- Construct coherent written communication to an academic and professional standard as appropriate to the circumstances.
- Advocate for the needs of others and facilitate behavioural change and self-management in others.
- Construct patient notes, reports and information sheets in a timely manner that meet legal and professional standards.
- Instruct others in the safe and effective execution of exercise performance.

### **2. Receptive Language Skills**

#### **Inherent Requirement**

- Ability to assess concepts and meaning in English, using knowledge of language, background knowledge, critical thinking skills, and self-reflection.

#### **Rationale**

- Communication skills are an essential requirement to develop and maintain trusting relationships, and to perform effectively in an academic and complex professional environment, as well as to solve problems and communicate knowledge and understanding of relevant subject matter effectively.

#### **Examples**

- Listening to the client/patient and synthesising what is actually being conveyed, communicating the persons needs, requirements and/or feedback.
- Ability to extract relevant patient information to provide best evidence-based care.
- Interpret verbal and written feedback from subjects to aid in the safe and effective delivery of exercise.

### **3. Interpersonal Communication Skills**

#### **Inherent Requirement**

- Respectful communication with others, including the ability to understand, display and respect empathy, build rapport and gain trust to ensure meaningful and effective interactions with people they engage with.

#### **Rationale**

- Communication skills are an essential requirement to develop and maintain trusting relationships, and to perform effectively in an academic and complex professional environment, as well as to solve problems and communicate knowledge and understanding of relevant subject matter effectively.

### **Examples**

- Communicate respectfully with people of different gender, sexuality and age, and from diverse cultural, religious, socio-economic and educational backgrounds.
- Cultural competence, sensitivity and willingness to work with individuals in a complex and diverse Australian educational setting.
- Establishing rapport with clients during services and responding appropriately to requests from clients, supervisors and other health professionals in the community or clinical setting.
- Perceive non-verbal communication and respond appropriately (in context).
- Being mindful of space boundaries with clients.

### **Behavioural Stability**

#### **Inherent Requirement**

- Behaviour that is consistently appropriate and professional in a variety of contexts.

#### **Rationale**

- Behavioural stability is essential in managing personal emotional responses and behaviour in academic and complex professional environments, including situations of potential human distress. It is required to work constructively in culturally and socially diverse settings and to deal with challenging issues, timelines and ambiguously defined problems.

### **Examples**

- Reflecting on practice and responding appropriately to constructive feedback.

Coping with own emotions and behaviour effectively when dealing with individuals in the community and clinical setting (e.g. maintaining professional empathy and objectivity in the context of a dying patient).

- Manage own work schedule to maximise safety, efficiency and effectiveness.

### **Motor Skills**

#### **Inherent requirement**

- Sufficient tactile function, strength and mobility to function within relevant scope of practice.

#### **Rationale**

- Measure physiological parameters and perform analyses taking into account the limitations of the patient/client.
- Conduct appropriate pre-assessment procedures and perform a pre-exercise risk assessment.
- Conduct musculoskeletal movement analyses.
- Employ a range of tools and methods to monitor and evaluate exercise load and progress, including mechanical, physiological and perceptual methods that are appropriate for the specific needs of clients.
- Demonstrate skill in conducting and interpreting basic biomechanical measurements relevant to clients' needs.

### **Examples**

- Evaluating clients, in a safe and effective manner, who have varying physical capacity.
- Conducting fitness and strength testing.
- Collecting anthropometric measures.
- Collecting and analysing blood biomarkers (e.g. Glucose, cholesterol and lactate).
- Conducting stress tests including ECG electrode placement.
- Spotting within resistance training for the purposes of client safety.

### **Sensory Skills**

#### **Inherent requirement**

- Sufficient sensorimotor skills, including visual, auditory and tactile acuity to function within the scope of practice.

#### **Rationale**

- Courses in Sport and Exercise Science require visual, auditory and tactile acuity in order to consistently provide safe and effective care in order to minimise the risk of harm to self and others.

### **Examples**

- Observing and detecting subtle changes in posture, movement and the ability to perform functional activities during assessment and/or treatment.
  - Monitor the broader environment, including multiple patients and events simultaneously (e.g. safely conducting an exercise class).
  - Conducting manual blood pressure assessments.
  - Measure and record injury severity.
- Looking for “Red flags” in participants/patients such as signs and symptoms including posture, skin colour and respiration rate for example.
- Correction of exercise technique based on visual and audible feedback.

### **Cognitive Skills**

#### **Inherent Requirement**

- Acquire knowledge, process information, analyse, think critically and synthesise information to apply knowledge of the discipline and sufficiently meet learning outcomes and academic standards relevant to the course, utilising cognitive, numeracy and literacy skills, including focus, memory, and attention to detail.

#### **Rationale**

- Cognitive skills are essential in acquisition and application of knowledge in both the academic and professional environment.

### **Examples**

- Ability to conceptualise and use appropriate knowledge in response to academic assessment items.
- Gather, comprehend and organise information (e.g. take a client’s health history and pre-screening, choose and conduct assessment measures to inform appropriate prescription or management plan; interpret results, diagrams, graphs, and ECG tracings accurately. )
- Accurately undertake arithmetic calculations (e.g. calculate the intensity required for exercise training adaptation based on  $VO_2$  sub-maximal test).
- Synthesise information for the purpose of conducting an exercise intervention
- Engage in self-directed learning and reading for the purposes of knowledge and skills enhancement across the spectrum of sport and exercise science standards.

## **ICT Capacity**

### **Inherent Requirement**

- Acquire, and employ information and communications technology (ICT) skills in an appropriate and effective manner, utilising a range of systems in both the academic and professional setting.

### **Rationale**

- Competent ICT skills are essential to successfully access, apply and communicate information.

### **Examples**

- The use of statistical software.
- The use of exercise software for performance analytics.
- Creating electronic medical records.
- Developing accessible resources for clients.
- Researching electronic journals and submitting assignments online.
- Interaction with fully online course material through the learning management system.

## **Sustainable Performance**

### **Inherent requirements**

- Consistently completes tasks in a timely manner and within a designated period, where required, while maintaining consistency and quality of performance.

### **Rationale**

- Tasks must be completed consistently and with respect to industry or workplace defined timeframes.

### **Examples**

- Attend community or clinical placements in a range of settings to demonstrate competencies and meet required hours for professional accreditation, within a reasonable period.
- On time completion of projects and placement within industry.
- Commitment to self-development in the field through educational engagement and completing tasks on time.
- Engaging with taught material and updating/maintaining knowledge as the degree progresses through a scaffolded approach.